

FITNESS and ZUMBA TONING

STARTING ITS SUCCESSFUL 10th YEAR!

GET READY TO ZUMBA!!!! COME JOIN THE EXERCISE CRAZE THAT IS SWEEPING THE NATION! *LATIN AND INTERNATIONAL INSPIRED DANCE MOVES COMBINED WITH EXERCISE. DANCE YOUR WAY TO FITNESS!!!* CLASSES GIVEN BY CERTIFIED ZUMBA INSTRUCTOR! COME JOIN THE PARTY!

This program is offered on Tuesday or Thursday evenings from 7:30PM to 8:30PM unless otherwise noted at the Rec. Center located at 1400 Mountain Ave., Middlesex, NJ 08846. Phone # (732) 356-7400 X258. **Tuesday Zumba is an eight week session and costs \$80. Thursday Zumba Toning is a seven week session and costs \$70 (toning sticks for Thursday night will be available for purchase through instructor additional price).** There is a discount if your register for both sessions - \$140. Registration must be done through the Recreation Dept. as the instructor cannot accept forms or payment for classes. Exact cash or personal checks made out to "Middlesex Rec. Dept." can be accepted as payment. No credits for absences. Class size is limited with registration being taken on a first come, first served basis. All registrations must be received by the Monday prior to the start of the session. All registrations received after the deadline are considered late and will be subject to a late fee. Borough residents will have first priority if class it at maximum. 18 years of age or older and post high school to participate. Each participant should wear dance or athletic shoes with support, bring a small towel, and plenty of water.

ALL CLASSES ARE 7:30PM – 8:30 PM IN THE RECREATION CENTER UNLESS NOTED

Tuesday ZUMBA Session:

September 6, 13, 20, 27

October 4, 11, 18, 25

Thursday ZUMBA/TONING Session:

September 15, 22, 29

October 6, **13@6:30PM**, 20, 27

Please fill out the registration form below and bring/send it to the Recreation Center. Keep top portion for your reference.

Please check which session(s) you are registering for: _____ Tuesday Zumba _____ Thursday Zumba/Toning

Name _____ Contact Phone # _____

Address _____ City _____ State _____ Zip _____

E-Mail Address (please print CLEARLY) _____

Emergency Contact _____ Ph# _____ H / C / W _____

By signing this form, I desire to engage voluntarily in this exercise program being offered by the Middlesex Recreation Department. In consideration of my participation in the exercise classes, I do hereby agree to hold free from any and all liability, the exercise instructors, the sponsoring organization, or the Borough of Middlesex, and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of/or connected with my participation.

Dates during which release is granted – **FROM: September 1, 2016** **TO: October 31, 2016**

In your best interest, we recommend that you have your physician give approval for you to be a participant in this class.

_____/_____/_____
Participants Signature Date

DO NOT WRITE IN BOX / For Office Use ONLY

ZUMBA/TONING SEPTEMBER/OCTOBER 2016 SESSION

_____ Tuesday Zumba \$80

_____ Thursday Zumba/Toning \$70

RCP'T #

Tue & Thur \$140 DATE RCV'D